



FIFA FEVER: WE'VE GOT YOU COVERED

CHECK OUT WHAT A NEAR BILLION-DOLLAR DREAM TEAM WOULD LOOK LIKE, AND WHICH CRITTERS ARE KEEN TO FOLLOW IN PAUL THE OCTOPUS'S TENTACLES **PAGE 6**

Seeing double

Director Richard Ayoade puts his own spin on Dostoyevsky with a pair of Jesse Eisenbergs **PAGE 16**

Practise safe shopping

A 'credit-card condom' is for those prone to forget their financial circumstances **PAGE 19**



LGBTQ Sochi mission cost \$49K

Report. Councillor says Olympic trip was 'totally successful beyond (his) wildest dreams'



EMILY JACKSON

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Vancouver's delegation to the Sochi Olympics to advance LGBTQ rights cost nearly \$49,000 — the majority paid for by developers — for a trip that resulted in two meetings, an array of Canadian media coverage and a visit to the city's only gay club.

During their eight days in Sochi, Vision Vancouver Coun. Tim Stevenson and Host City Pride House Mission project manager Maureen Douglas, a former VANOC official, landed a meeting with senior officials from the International Olympic Committee, but they were denied meetings with Russian authorities and other LGBTQ allies, according to the newly released report on their trip.

The goal of the trip was to convince the IOC to mandate a Pride House — a safe party space for LGBTQ fans and athletes, the first of which was created at the 2010 Vancouver Olympics — for all future Games and to advocate that the IOC update Principle 6, a non-discrimination clause, in the Olympic Charter to enshrine LGBTQ rights.



Vancouver Coun. Tim Stevenson waves the Canadian flag at Sochi's Olympic Village. CONTRIBUTED

ver Olympics — for all future Games and to advocate that the IOC update Principle 6, a non-discrimination clause, in the Olympic Charter to enshrine LGBTQ rights.

"It was completely, totally successful beyond my wildest dreams when we first began this journey," Stevenson said Sunday, as they weren't sure the IOC would give them any

time, yet they ended up with a 90-minute meeting with Jochen Farber, chief of staff, and Mark Adams, director of communications.

"I came away from the

meetings absolutely convinced the IOC realized they had to go in a new direction. In fact, they told me the Russian experience had been a tremendous embarrassment to them."

The city paid for Stevenson's costs to support the mission and avoid perceptions of conflict of interest. His total expenses were \$6,569.51.

The remainder of the trip cost \$42,072.36, including a \$22,000 fee for Douglas's project management services and an \$8,000 fee for social media and communications. It was paid for with community contributions, including \$25,000 from condo marketer Bob Rennie and \$25,000 from developer Peter Wall.

On their way to Sochi, they stayed at Istanbul's luxury Swisotel. In Russia, they stayed at the Radisson Blu Paradise Resort and Spa, the official IOC hotel.

The delegation also visited gay bar Club Mayak and met with the Sport Canada delegation.

They tried to set up a meeting with Sochi's mayor, but the mayor said he was only available the day they were leaving.

"They knew that we were departing that day, so it may have been a strategic ask on their part, knowing we couldn't attend," the report states.

The majority of their time was spent doing interviews with 22 Canadian media outlets that covered the story.

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Gunshot wounds

Cops investigating weekend homicide

Police are investigating a homicide after a 33-year-old man was found with gunshot wounds at the entrance of a house on Gladstone Street near East 29th Avenue late Saturday night.

Paramedics pronounced the man dead at the scene.

Police do not believe the attack was random. No further details, including the name of the victim, are being released at this stage of the investigation.

Anyone with information is asked to call police at 604-717-2500.

EMILY JACKSON/METRO

Man in custody

Agassiz death not connected to gang activity: Police

A man is in custody after a young man died in Agassiz early Saturday morning.

The case is being investigated by the Integrated Homicide Investigation Team, which is keeping silent on most of the details regarding the death.

The victim's age, identity and the circumstances surrounding his injuries, from which he later died in hospital, are not being revealed at this stage of the investigation.

"There is no evidence to suggest that this homicide was connected to gang activity nor was it a random act," IHIT Sgt. Bari Emam said in a statement. Emam did reveal, however, that the victim and the person in custody are known to each other. **METRO**



The proposed tanker route leaving from Kitimat is shown on a map. Some time in the next 10 days, the federal government is expected to announce its final decision on the Northern Gateway pipeline. JONATHAN HAYWARD/THE CANADIAN PRESS

Even with Ottawa approval, pipeline faced with hurdles

Northern Gateway. Deadline looms for federal government's decision on multibillion-dollar project

Some time in the next 10 days, the federal government is supposed to announce its final decision on the Northern Gateway pipeline, the multibillion-dollar political minefield dividing the West.

Even detractors expect the federal government to give the \$7-billion project the go-ahead.

But even with the nod from Ottawa, the path to the British Columbia coast has many hurdles left for Calgary-based Enbridge and its partners.

A joint review panel of the National Energy Board and

the Canadian Environmental Assessment Agency recommended approval of the project six months ago, subject to 209 conditions.

"The bottom line is there are 113 conditions that need to be met before construction can begin. That's going to take a lot of time," said company spokesman Ivan Giesbrecht.

If approved, that would be merely one more step in an ongoing process. "We have a lot of work to be done before we would be able to begin construction," he said.

There are also the five applications before the Federal Court for judicial review of the federal panel recommendation, and further court challenges are likely.

The opposition of environmental groups was always a given.

"Approval seems obvious.

At the same time, opposition is so strong," said Nikki Skuce, a resident of Smithers, B.C., and a campaigner for the environmental group Forest Ethics Advocacy.

"It's going to be caught up in the courts for years and it's going to be ugly on the ground. People are willing to do what it takes."

That is no idle threat in a province that saw a decade-long War in the Woods over logging of old growth forests, which ended with new government regulations.

And opposition is not limited to environmentalists and First Nations. Another crippling blow to the project came from the residents of Kitimat — the B.C. city with the most to gain as the pipeline terminus — when they voted to reject the project in a non-binding plebiscite. Kitimat is

no stranger to industry, born of an aluminum smelter in the 1950s, but for a majority of those who voted, the risks outweigh the rewards.

Even the provincial government officially opposed the project at review hearings.

Victoria appears poised to reverse itself, deploying key ministers to a flurry of recent federal announcements on marine and pipeline safety. But the Liberal government may be waiting to see which way the political wind is blowing before they change direction.

"There's a question of whether going along with the approval of the Northern Gateway pipeline will make LNG development in B.C. more challenging by angering First Nations so adamantly opposed to the oilsands pipeline," said George Hoberg, a UBC professor. **THE CANADIAN PRESS**

1 NEWS



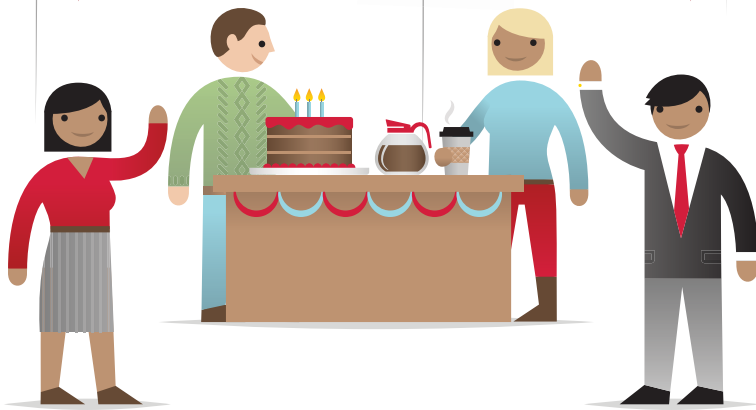
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Yesterday House stops near a used needle drop box in the Downtown Eastside to take a photograph for the Hope in Shadows photo contest in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Changing focus on the Eastside

Hope in Shadows.
Annual amateur
photography contest
launches



**MATT
KIELTYKA**
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Two hundred amateur photographers have once again been let loose on the streets of Vancouver's Downtown Eastside as the 12th annual Hope in Shadows contest launched Saturday.

The unique annual event sees the Pivot Legal Society hand out free cameras to residents of the DTES for a three-day contest that challenges

people to snap the best shots representing their community.

Up for grabs are 40 cash prizes and 12 coveted spots in the 2015 Hope in Shadows calendar, which will be sold through an employment-generating vendor program later in the year.

More than 3,500 photographs are expected to be submitted this year, and photographers have been asked to consider this year's "The Community We Have Built" theme while out on their photo hunt.

"Of course, contestants are hopeful that they'll capture one of the 40 cash prizes, but they also want to show us what they value about their neighbourhood," said project co-ordinator

By the numbers

200

Pivot Legal Society gave out 200 free cameras for the Hope in Shadows contest.

Carolyn Wong in a statement. "I hope that the process of taking photos encouraged participants to pause and take pride in the community. These photos are important because they help others see this neighbourhood's unique strengths and beauty."

The person who snaps the first-place photo will earn \$500 and make the cover of the 2015 calendar.

City expected to approve \$4.5M in arts funding

In a city where the disappearance of affordable arts and culture space is often lamented, a handful of Vancouver arts organizations are about to get a gift to celebrate.

City council is expected to approve a \$4.5-million investment to help local arts and culture organizations in Mt. Pleasant secure space, expand their operations and purchase new space.

The cash comes from the community amenity contribution from the rezoning for the Rize development at Kingsway

and Broadway, a project expected to include 258 homes, townhouses and a 21-storey tower.

After an open call for submissions, the city recommends the money go to the Arts Factory, Western Front and grunt gallery to expand their operations and to VIVO and C-Space to buy a new space to be called the Centre for Arts Innovation.

"I'm very, very pleased.... This is just a great news story for people who receive those funds," Coun. Heather Deal

said in an interview.

"That's what we've heard from lots of arts organizations, not having a secured space is a big problem in the city."

The city is also set to invest \$300,000 to help launch B.C. Artscape, a Toronto-based organization that helps develop shared space for creative types and entrepreneurs. The program will also receive funding from Vancity and the McConnell Foundation.

Council will vote on both investments on Wednesday.

EMILY JACKSON/METRO

Bike to Work Week. Spring event sees record turnout

If Vancouver's bike lanes seemed more crowded than usual last week, that's because they were.

Organizers of the city's semi-annual Bike to Work Week say the recent spring event saw a record 7,579 people set aside their car keys or bus pass and choose their bike for the daily commute.

The same event last spring saw 4,604 people take part, said Bike to Work Week program manager Laura Jane of HUB, the region's bicycling network.

"This spring was almost three thousand more, so it was a huge jump," she said. "We're really hoping to continue the momentum."

Jane credited prize giveaways, strong support from local businesses, some of which hosted cycling workshops for

By the numbers

7,579

The number of participants in Bike to Work Week jumped to 7,579 this year, up significantly from last year's 4,604.

employees, as well as stronger cycling infrastructure for the boost in the number of bikers.

Of the participants, Jane said 1,668 were first-time bikers, while about 58 per cent were women.

While the numbers of participants is exciting to see, Jane said HUB is hopeful they will continue to cycle to work year-round.

"Not just during the week," she said with a laugh.

THANDI FLETCHER/METRO

Strike vote. Walkout by teachers not necessarily imminent, observers say

A pivotal strike vote Monday and Tuesday by B.C.'s teachers is no schoolyard game of chicken, and experts advise that tiptoeing, rather than stampeding, towards a strike or back-to-work legislation may settle the dispute far more quickly.

Frustrations in what will likely be a strong union vote of support for a full strike could be channelled into pressure at the bargaining table, said University of the Fraser Valley associate professor Fiona McQuarrie.

"With the emotions running as high as they are, whoever decides to escalate this first is going to take a big risk," said McQuarrie, who's

in the university's school of business. "If the dispute then blows up totally out of hand, they're going to be seen as the ones who made that happen."

The B.C. Teachers' Federation call-to-arms comes after weeks of incrementally rising tactics that haven't resulted in movement from the government to the extent the union wanted.

McQuarrie is expecting a successful vote, which she said gives union negotiators more leverage. Completely shutting down the workplace, however, she said would be the "last big thing" teachers could do.

THE CANADIAN PRESS



A fire investigator looks at his phone as he walks past the scene of an early morning fire that destroyed an apartment building in Vancouver on Saturday.
DARRYL DYCK/THE CANADIAN PRESS

Fire shakes up East Broadway

Dozens displaced.

'A very intense fireball in the sky': Assistant fire chief



MATT KIELTYKA
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Dozens of people have been displaced after a weekend fire destroyed one building on East Broadway and damaged two others.

The fact everyone escaped unharmed from the intense fire, which started in the 700

Quoted

"We were extremely fortunate the other residents were banging on neighbours' doors and getting people out."

Assistant fire chief Joe Foster

block of East Broadway just after midnight in the early hours of Saturday, is a testament to residents of the buildings, according to Vancouver Fire and Rescue Services assistant fire chief Joe Foster.

"The fire had a really good hold on the building even before we were on scene. There was a very intense fireball in the sky," said Foster.

"We were extremely fortunate the other residents were banging on neighbours' doors and getting people out."

The fire was so intense and the building was so unstable, firefighters shortly barred access to the scene and shifted their focus to simply preventing the fire from spreading to other buildings in the area.

Almost 50 firefighters were

on scene, and it wasn't until 10 a.m. on Sunday that the last of the crews left the scene.

Foster said that the investigation is ongoing and the cause of the fire has not been determined.

He could not link the fire with reports that there was a barbecue party on the roof of one of the buildings at the time the fire broke out.

"Investigators have interviewed a lot of people and it'll all form part of the investigation," he said.

But as summer hits Vancouver and barbecue season ramps up, Foster added people should take extra care.



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FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise (\$900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At \$52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both

priced at \$80.7M. They would be accompanied by German captain Philipp Lahm (\$43.7M) and Brazil's Marcelo (\$37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth \$80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of \$74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of \$178.2M. His La Liga rival Cristiano Ronaldo stars with \$148M. Brazil's Neymar comes in with a price of \$88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff. Here are some other critters keen to follow in Paul's tentacles for the World Cup in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts Poland would beat



Greece in the opening game. Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. EDGAR SÁNCHEZ/FOR METRO; PHOTO: THE ASSOCIATED PRESS

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court was expected to rule Sunday on whether the strike is legal. THE ASSOCIATED PRESS

THE WORLD CUP IN NUMBERS

13

Number of teams that took part in the first FIFA World Cup in 1930.

64

Number of matches to be played.

12

Number of host cities they will be played in.

2

Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67

Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113

Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32

Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M

Number of people expected to travel around Brazil during the World Cup.

2,000

Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

192

Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

73,531

Capacity at Brazil's biggest stadium, Estadio do Maracanã, home to two local football clubs, Flamengo and Fluminense.

6.3M

Population of Rio de Janeiro, where the final will be held.

1.4M: Population of Rio de Janeiro's favelas, accounting for 22% of the city's total population.

\$3.03B

Estimated revenue generated by World Cup-related tourism.

600,000

Number of foreign visitors expected for the World Cup. 55,400: Number of hotel rooms in Rio de Janeiro.

\$460

Average cost a night of a Rio hotel room during the World Cup. \$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%

Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

\$7.6B

Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost \$121.7 million.

6

Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32

Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.





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Gunmen storm Karachi airport; 13 dead

Pakistan's fragile security. In a separate incident suicide bombers killed 23 Shiite pilgrims as they returned home from Iran

Gunmen disguised as police guards stormed an airport ter-

minal used for VIPs and cargo at Jinnah International Airport in Pakistan's largest city Sunday night, killing at least 13 people as explosions echoed into the night, officials said.

Militants stormed the airport before midnight Sunday and battled for roughly five hours with authorities.

Meanwhile, suicide bombers in southwestern Pakistan killed 23 Shiite pilgrims re-

Airport siege lasted 5 hours

"I was working at my office when I heard big blasts — several blasts — and then heavy gunshots." Sarmad Hussain, a Pakistan International Airline employee

turning from Iran in a separate incident, underscoring how

fragile security is in Pakistan. The attack occurred at a hotel in the town of Tuftan near the Iranian border.

The airport attack was a serious security breach in the country's biggest city.

Heavy gunfire and at least two large explosions could be heard coming from the terminal at Jinnah International Airport as authorities scrambled to secure the area.

Dr. Seemi Jamali from Jinnah Hospital in Karachi said nine bodies had been brought to the hospital at the time she was interviewed.

The doctor said seven were from the Airport Security Force personnel, one was an employee of the Civil Aviation Authority and another was from the state-run Pakistan International Airlines.

Gunmen attacked the ter-

minal late Sunday, said Shaukat Jamal, a spokesman for the Airport Security Force.

A major fire rose from the airport with the silhouette of jets seen. Officials said the Pakistani military had been called in and police were fighting the attackers as well. After five hours the siege was over. Authorities seized four machine-guns and a rocket launcher.

THE ASSOCIATED PRESS

Remote area. Deadly flood hits mountainous northern Afghanistan

More than 80 bodies have been found after a devastating flash flood in Afghanistan's mountainous and remote north, a provincial official said Sunday, as police and villagers scoured the rugged terrain for missing people.

Lt. Fazel Rahman, the police chief in the Guzirga i-Nur district of Baghlan province, said the death toll from Friday's flash flooding had climbed to 81 from 54. The flood destroyed some 850 houses across several villages and damaged more than 1,000, leaving thousands of people in need of shelter, food, water and medicine, Rahman said.

Local resident Sahib Nazar

openly wept while recounting his own family's losses.

"I have lost everything, my parents, my wife and five children," he said. "I have buried my mother, wife and three of my children, but (am still) looking for my father and two other children's bodies."

Afghans living in the northern mountains have largely been spared from the country's decades of war, but are no strangers to devastating natural disasters. Last month, a landslide triggered by heavy rain buried large sections of a remote village in the northeastern Badakhshan province, displacing some 700 families.

THE ASSOCIATED PRESS



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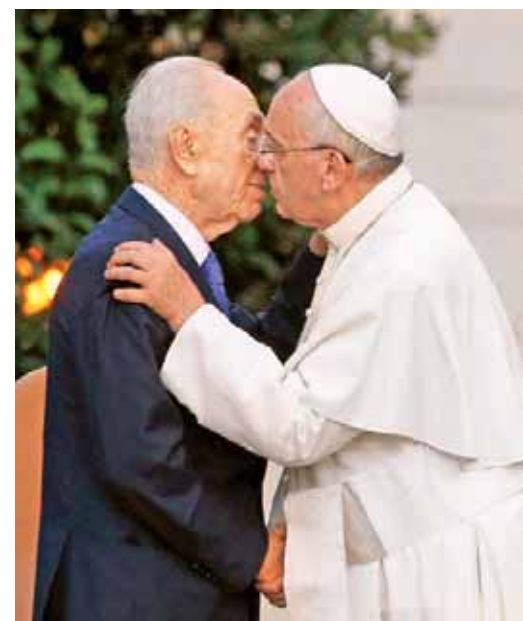
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Blessed are the peacemakers

Pope Francis and Israel's President Shimon Peres greet each other during an evening of peace prayers with Palestinian President Mahmoud Abbas, in the Vatican gardens on Sunday. Pope Francis waded into Mideast peace-making weeks after the last round of U.S.-sponsored negotiations collapsed. GREGORIO BORGIA/THE ASSOCIATED PRESS

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Las Vegas. Two police officers, another person killed in shooting spree

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Walmart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot at point-blank range two officers who were eating lunch, Las Vegas police spokesperson Larry Hadfield said.

The suspects then fled to the Walmart across the street, where they fatally shot a person inside and then killed themselves in an apparent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement. "My thoughts and prayers go out to the victims and their families."

One of the suspects yelled, "This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahon said the male suspect yelled "everyone get out" before shooting at Walmart. The suspects then walked to the back of the store.

Walmart employees and shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Walmart remained closed as detectives processed evidence.

McMahon said the investigation is "very complex" because it involves more than 1,000 witnesses.

THE ASSOCIATED PRESS

Search widens for Quebec jail escapees

Brazen jailbreak.

Police on alert across Canada and abroad for inmates who escaped in helicopter that landed in courtyard

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States, according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many officers who are scattering all the areas possible. Investigators



From left, Denis Lefebvre, 53, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in Quebec City Saturday. SURETE DU QUEBEC

are, of course, checking every lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be monitoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre barbed wire in suburban Quebec City around 7:45 p.m. with the help of a helicopter. The facility is lined with barbed-wire fencing and features a watch post. The chopper landed in a courtyard of the detention centre then quickly took off again

heading west, police said.

It's the second helicopter jailbreak in the province in 15 months.

The three men were being held at the detention centre waiting to stand trial.

The suspects hadn't been apprehended by press time Sunday. THE CANADIAN PRESS

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Madrid

King of Spain nears abdication in favour of his son

Spain's King Juan Carlos has presided over his last military parade before abdicating in favour of his son.

Prince Felipe accompanied the king at Sunday's annual Armed Forces Day ceremony that honours those who died in the service of the nation.

Also Sunday, a new poll showed most citizens want a referendum to decide whether Spain should remain a monarchy.

Pollster Metroscopia found that 62 per cent of respondents said they wanted a referendum on the monarchy "at some point." A majority also said they favoured the king's abdication.

The poll was published Sunday in El Mundo newspaper.

The prince is due to be proclaimed King Felipe VI on June 19.

THE ASSOCIATED PRESS

Seattle shooting

Donations continue to grow for hero, victims

More than \$60,000 has been donated online for the victims and hero of the shooting that left one dead and two injured at a small Seattle university.

As of Sunday afternoon, a fundraising page for Jon Meis, a student who pepper-sprayed and tackled the gunman Thursday at Seattle Pacific University, had grossed more than \$44,000. A fundraising page to cover the costs of Paul Lee's funeral and Sarah Williams' medical care is nearing \$13,000. Another page started by Williams' family had raised nearly \$5,000. More donations are expected.

A lone gunman armed with a shotgun opened fire in a university building, killing 19-year-old Lee and wounding 19-year-old Williams, who remains hospitalized, while the other injured student has been released. THE ASSOCIATED PRESS

Activists try new tactics in post-coup Thailand



A Thai soldier on guard at an overpass in Bangkok's Victory Monument in Thailand on Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Bangkok. Faced with threat of jail by the military, anti-coup activists get creative, turn to social media

Activists protesting last month's military coup in Thailand face a possible two-year jail term if they get too strident, so on Sunday they found a new way to show their sentiments: handing out "sandwiches for democracy."

A small group of student activists from Bangkok's Thammasat University had hoped to hold a picnic rally, but they found the park next to their campus sealed off by the authorities. Instead they paraded down a nearby street, handing out sandwiches and cakes to anyone who wanted them. One older man accompanying them shouted to onlookers, "Sandwiches for dem-

ocracy!"

Other anti-coup activists have held silent public readings of symbolic works such as Nineteen Eighty-Four, George Orwell's indictment of totalitarianism. But the intimidation level is high, with the authorities rolling out thousands of troops and police whenever they anticipate a protest.

The military council that took power May 22 has summoned more than 300 people perceived as threats to public order — including members of the ousted civilian government, activists and intellectuals — to elicit pledges not to instigate unrest.

Much defiance now takes place online, where protesters encourage each other to post photos of themselves giving a three-finger salute, a symbol of resistance adopted from the movie The Hunger Games.

THE ASSOCIATED PRESS



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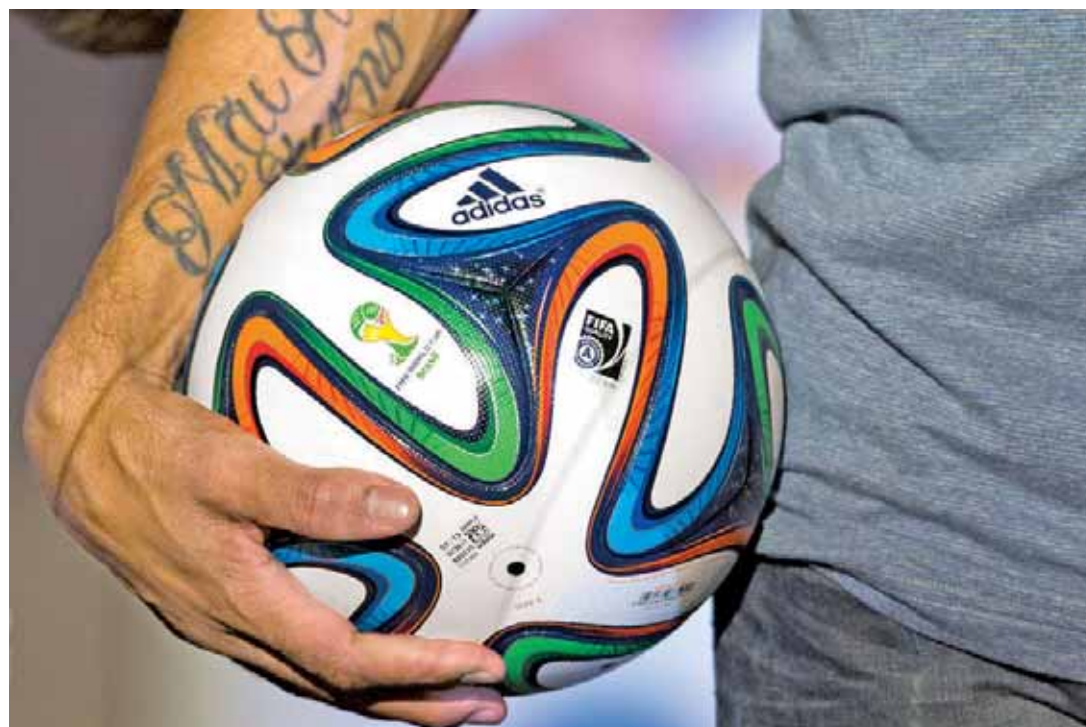
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It's do-or-die time for World Cup advertisers

In late 2013, Brazilian soccer player Anderson Hernandes de Carvalho Viana Lima (known as simply Hernanes) holds the 2014 World Cup official soccer ball, called Brazuca, after it was unveiled in Rio de Janeiro, Brazil. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies that are jockeying for their once-every-four-years shot at the ever-growing global soccer market. The players, their boots and kits will be on display for billions across the globe over a month-long window starting later this week. Nike wants to make sure fans notice the swoosh. Adidas? Those three stripes. For Puma, it's that leaping cat. "It's the World Cup. It's do or die. Win or go home," said Adidas merchandise manager Peter Hong, alluding to more than the on-field competition in Brazil. VICTOR R. CAIVANO/THE ASSOCIATED PRESS FILE

Mutual fund success is relative



HOW TO ROLL
Allison Griffiths
metronews.ca

"My mutual funds have been doing great!" extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn't have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund

Online

Want to compare mutual funds? Go to Morningstar Canada: morningstar.ca



cost \$10 a unit a year ago and is now trading at \$12 (a 20 per cent increase) doesn't mean that the fund is standing on top of the heap.

All her funds are issued by Scotia Asset Management, which is part of Scotiabank, where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Despite the name, it has more than 23 per cent invested outside the country. That's not a problem, but a key fact when assembling a portfolio.

My relative starting buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10 years it has been in the bottom 12 per cent or so of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index and every fund manager wants to beat that benchmark. In this case,

the comparable index is the Morningstar Canadian Neutral Balanced index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: You can't know if a fund is good or bad until you have the comparative figures.

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MY HERO: JUST A MAN WITH A BIKE

Michael Schratter is my hero.

Er, Michael Who, you ask?

Michael Schratter is a Grade 5 school teacher in Vancouver. That he's my hero has nothing to do with that, although anyone who can spend every day with a herd of 10-year-olds is by definition heroic.

Nope, Michael Schratter is my hero because one morning he got on his bicycle and didn't stop until he had pedalled around the world: 40,000 kilometres, six continents, 33 countries, 31 flat tires, 469 days.

Most of that time, he was alone. No support van. No entourage. Just a man and his bike.

He's my hero because along the way he insisted on telling people he has a mental illness — bipolar syndrome — what we used to call manic depression. He called his venture Ride Don't Hide, because, teacher that he is, he wanted the world to know you're not a lesser being because you have a mental illness.



URBAN COMPASS

Paul Sullivan

vancouver@metronews.ca

Anyone who can pedal around the world is not weak.

Now, for the next six months, evidence of that is on display at the BC Sports Hall of Fame, and if you're harbouring any prejudice against people with mental illness, I recommend you make a visit. There you will see meet Michael's Norco Cabot Touring bike that, when fully loaded with everything from bear spray to duct tape, weighs 105 pounds. Which didn't prevent Michael from pedalling it up the Andes to a peak elevation of 3627.1 metres (11,900 feet) on Day 126.

The strength, stamina, the endurance, the courage and the cussedness required to get up that frickin' mountain is beyond my comprehension. Then you get to the top: Great, only 343 more days to go!

There were many more adventures: He was engaged in Hong Kong, experienced a meal of snakes and cobra blood and cobra bile vodka in Vietnam, and was just about done for in an incident

involving a tunnel and semi-trailer in Italy.

But it's the jam required to keep going, over mountains and through deserts, which inspires me. And since he returned one rainy day in November 2011, Michael just keeps going: as the spirit and spokesman for the event that was born in the wake of his epic journey — the Canadian Mental Health Association's (CMHA) Shopper's Drug Mart Ride Don't Hide.

It's coming up on Sunday, June 22. Over its three-year existence, it has spread to 20 communities across Canada, and grows bigger every year. You don't have to ride 40,000 kilometres; there are distances for everyone from novices to veterans of the peloton. If you or a loved one experiences the stigma associated with mental illness, Ride Don't Hide is a good way to pedal into a caring community. And the money raised goes to the CMHA's mental health programs for women and families.

The Vancouver Ride starts and finishes at Swangard Stadium. You can learn more about it and the remarkable Michael Schratter at ridedonthide.com.

Full disclosure. I have a contract with the CMHA to publicize the Ride Don't Hide event.

WE ACT: CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

What does your average day



Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life



"Sometimes I just sit with them and hold their hand. They

may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I

sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 22 in Sports

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MetroTube

Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing Frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? ([lindsayhxo_/Instagram](https://www.instagram.com/lindsayhxo/))



ETHAN MILLER/GETTY IMAGES



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Future's feeling timeless with a disc full of 'classics'

Forward thinking. Atlanta rapper never said he was humble, just that he was Honest

NEIL MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time."

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is

If I do say so myself

"People are going to look back like, 'Man, he had so many classics on there.'"

Future
on his new album



Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

Future's most well-rounded body of work to date. Its songs transition seamlessly between curbstomping street anthems and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his

2012 debut Pluto, but now he seems to have mastered the formula. And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says, "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to

look back like, 'Man, he had so many classics on there.'"

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

"I know every market now, and I know what each one wants to hear," says Future. "It's going to be a party more than a concert, and I'm just going to hit them with jam after jam. Smash after smash."

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

Ebooks



Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgment of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a \$48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in \$29.1 million. Despite good reviews, the sci-fi thriller was no match for the highly anticipated adaptation of John Green's popular book.

THE ASSOCIATED PRESS

Cheadle's the latest celeb asking for spare change

To finance Miles Ahead, a feature on the legendary jazz musician Miles Davis, Don Cheadle has launched a campaign on Indiegogo, becoming the latest filmmaker to appeal to crowdfunding for a passion project.

"Most studios don't make these kinds of movies anymore, so we are doing it independently," Cheadle said.

The Hollywood star — who plans to produce, direct and star in the project

— follows in the footsteps of a handful of other directors who have turned to crowdfunding in recent years.

While Cheadle intends to make Miles Ahead primarily with his own personal funds, he is hoping to raise an additional \$325,000 from supporters on Indiegogo.

In April 2013, actor and director Zach Braff turned to Kickstarter to finance his second feature, Wish I Was Here.

"There are money guys willing to finance the pro-

ject. But in order to protect their investment, they're insisting on having final cut," explained the former Scrubs star in a video on his reasons for turning to crowdfunding.

On top of the satisfaction of having contributed to the film on the big screen, supporters often enjoy exclusive privileges when crowdfunded projects get off the ground. These range from goodie bags to private screenings depending on contribution levels. AFP

Kickstarter for the rich

Junction, a platform described by the Guardian as "Kickstarter for the rich," allows filmmakers to raise funds for features that have already been greenlighted.

Among the projects recently opened to investors through Junction are an adaptation of Dave Eggers' A Hologram for the King starring Tom Hanks, as well as Triple Nine, which stars Casey Affleck, Kate Winslet and Aaron Paul.



Actor Don Cheadle ROBYN BECK/AFP

2 SCENE

Richard Ayoade on The Double and what it's like to do everything twice

Take two. The Double director delves into Dostoyevsky and the duality of an office drone's dreary days



**NED
EHRBAR**
Metro World News in Hollywood

Director Richard Ayoade follows up his acerbic teen indie debut *Submarine* with something completely different: The clever, inventive and highly stylized *The Double*, starring a pair of Jesse Eisenbergs and Mia Wasikowska as the object of their affection in a story based on Fyodor Dostoyevsky's novel. And that's not the only highbrow influence involved.

Friends keep asking me if *The Double* is anything like

Submarine, but it's quite different, isn't it?

With *Submarine*, the idea of how it was filmed came from what it was about, really, and with this it would be someone who would imagine themselves in a certain esthetic. This [character] felt like someone needed to exist in a certain environment to feel this, and that environment should represent their feelings more. You know that painter Giorgio de Chirico? He was a symbolist painter and created these odd landscapes that came more out of dreams and nightmares. More that kind of a world, where you have something that's impossible but creates an emotion, like having a building that looks like it's night but with sunlight around it it creates a feeling that could not exist realistically or represent

something in reality.

You've also got a pretty horrifying bureaucracy on display here.

Yes, which doesn't exist in modern times anymore. In the book you feel the oppressiveness of class and those things, and we didn't feel that we wanted to get into class considerations because it didn't feel necessary to the psychology of loneliness, in a way. That doesn't feel like it need be socioeconomic only. And so it felt better to create something where someone could be oppressed by their job, whereas now the idea of someone taking their job seriously seems absurd because in any film if someone's working in an office you know that is their dreary reality and the repository of their dreams lies somewhere else, and

the office is the epitome of that. It's like a metaphor for frustration, somehow.

How was it directing two distinct Jesse Eisenberg performances?

Really, as silly as it sounds, it just takes longer because you have to rehearse everything twice. And the other thing that's tricky is you never see it. You will never simultaneously see them together in a rehearsal. The rehearsal process was more similar to the feeling you have with shooting where you go, "That seems good, and when that's put together with this, it will be good, but I haven't seen it together yet." But he's very brilliant and intelligent and very thorough and he has that ability that actors who do plays have to repeat things without them becoming rote.



Richard Ayoade CONTRIBUTED

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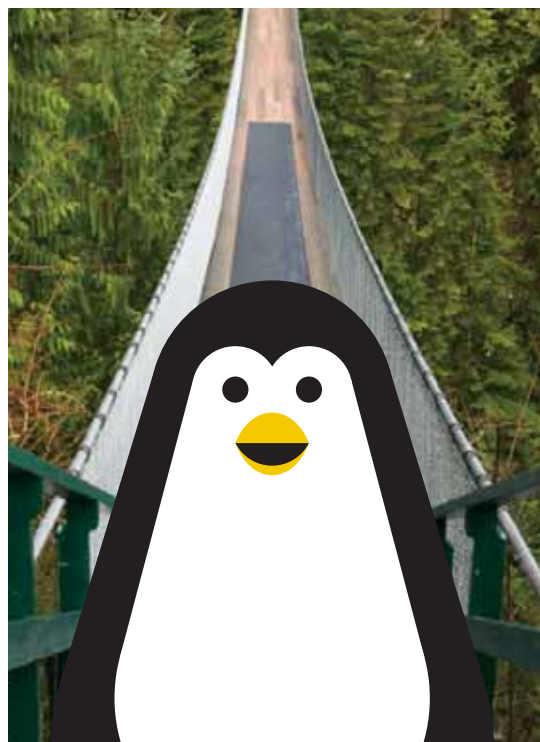
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Director Gia Coppola finds her voice

Palo Alto. Young director's first foray is a teenage drama based on a book of short stories by James Franco

Gia Coppola takes a while to open up as she discusses her directorial debut.

Like the teens she brings to life in *Palo Alto*, the soft-spoken 27-year-old explains she's still trying to find her voice. It's that kind of connection with her characters that made her want to adapt a book of short stories by James Franco for the big screen in the first place.

"I hadn't seen or read anything about teenagers that felt truthful and realistic in a long time and when I read his book I just really loved it," said Coppola, the granddaughter of Hollywood heavyweight Francis Ford Coppola.

"I loved that it was in the perspective of teenagers and I loved the dialogue and the emotion."

The film, which is dark and unsettling at times, follows the lives of teenagers in Northern California as they exhibit both reckless behaviour and a desire to connect with others.

Coppola said there was a lot in the characters' stories she could relate to, and that she made the film in

the hopes that her audience, whatever their age, would feel the same.

Coppola tried to keep the film authentic by casting young actors to play key characters. Among them are Emma Roberts, Julia Roberts' niece, who plays the timid April, and Jack Kilmer, Val Kilmer's son, in the part of tender but easily influenced Teddy.

"They would tell me the new slang, they would keep me updated on what's cool and what's not cool," Coppola said with a smile. "I wanted to involve them as much as possible."

Coppola also made the decision to cast Franco as a high school football coach who has an affair with April, which meant she was directing the person who wrote the material her film was based on.

"He was so supportive when I needed him. I'd ask him for advice now and then but he also gave me a lot of freedom," she said of their working relationship.

THE CANADIAN PRESS



James Franco in a scene from *Palo Alto*, directed by Gia Coppola. THE CANADIAN PRESS

In on the act

"I think it might have been a little weirder for him to play a character that he wrote."

First-time director Gia Coppola on casting James Franco in the film *Palo Alto*, based on his book of short stories.

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GOVERNMENT PARTNERS

It's break-up season in Hollywood, with Antonio saying adios to Melanie

This weekend saw a lot of famous couples splitting up — or at least, announcing that they've done so. Most shockingly, Antonio Banderas and Melanie Griffith are divorcing after 18 years of marriage. Griffith filed for divorce, citing irreconcilable differences, and also asked for child and spousal support. On the other side of the Atlantic, Scottish DJ Calvin Harris and singer Rita Ora announced that they broke up some time ago after dating for more than a year. Last, but not least, sources say that Jennifer Lopez and Casper Smart have split after two-and-a-half years together. Apparently the split happened before Casper Smart was caught in what is reportedly a sexting scandal. So technically he wasn't cheating then, right? He was



Antonio Banderas and Melanie Griffith ALL PHOTOS GETTY IMAGES

seen leaving JLo's house in L.A. this weekend, though, so perhaps they're still friendly. **METRO WORLD NEWS**

Coulier talks about what you, you, you oughta know

Dave Coulier is dispelling the post-Full House urban legend that has dogged him for years.

No, he's not the reviled subject of Alanis Morissette's *You Oughta Know*, although he admits he didn't help debunk the story when it first made the rounds.

"You know, it's just funny to be the supposed subject of that song. First of all, the guy in that song is a real a-hole, so I don't want to be that guy. Secondly, I asked Alanis, 'I'm getting calls by the media and they want to know who this guy is,'" he tells BuzzFeed.

"And she said, 'Well, you know it could be a bunch of people. But you can say whatever you want.' So one time, I was doing a red carpet somewhere and (the press) just wore me down and everybody



Dave Coulier

wanted to know so I said, 'Yeah, all right, I'm the guy. There, I said it.' So then it became a snowball effect."

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Nobody took a wrecking ball to Miley's stolen Maserati



STARGAZING
Malene Arpe
scene@metronews.ca

Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, the brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney

Spears' sister had that market cornered.

Charlie Hunnam says it was a "heartbreaking choice" to quit *Fifty Shades of Grey*. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for \$3.4 million, a new show called *I Slept With a Celebrity*, or Katy Perry releasing *Royal Revolution*, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."



Tracy Morgan

Trucker charged in crash that left Tracy Morgan in critical condition

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former *Saturday Night Live* and *30 Rock* cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaïda Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the

hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said.

Instead, the big rig smashed into the back of the Mercedes limo bus, prompting a chain-reaction crash with a second tractor-trailer, an SUV and two cars, authorities said. No one in the other vehicles was injured.

So far, there is nothing to suggest Roper fell asleep or was dozing, state police Sgt. 1st Class Greg Williams told *The Associated Press*.

Roper, accompanied by his attorney, turned himself in to state police. He was released on \$50,000 bail Saturday night, Wal-Mart spokesman David Tovar said Sunday.

Wal-Mart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident. **THE ASSOCIATED PRESS**

Twitter



@rickygervais

I think we should Bubble Wrap old people. That way they could fall over as much as they like and not hurt themselves.



@ConanOBrien

I'm a committed vegan, but only between meals.



@michaelianblack

85% of my personality is the fact that I eat mustard with my fries.

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Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled *Monopoly Money in the Journal of Experimental Psychology* reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending ..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans — would you be as willing to drop gobs of your hard-earned money on stuff knowing full



Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite

willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card

condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?

- You already owe \$2,500 on this card.

- Is this a need or a want? You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save \$2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?

- You're setting up an RESP. Spend now, or use this money to prepare Baby Kris for the future!

- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have \$1,000 saved for an emergency by the end of the year. Write

Worth 1,000 words

If you need more of a reminder than words provide, create a credit card condom or a debit dinger with a picture of whatever it is you're trying to achieve: A picture of a beautiful house if you're saving for a down payment, a picture of a gorgeous beach if you're setting aside money for a vacation, or a picture of your son or daughter if you're trying to build a school fund.

your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Want a happy marriage? Catch Zs together

Synchronized sleep. Women who snooze at the same time as their sweetie are more blissful

Whether or not a couple is able to synchronize sleep patterns may be linked to a wife's satisfaction with the marriage, according to a small new study.

"Most of what is known about sleep comes from studying it at the individual level; however, for most adults, sleep is a shared behaviour between bed partners," said lead author Heather Gunn of the Sleep Medicine Institute at the University of Pittsburgh. "How

couples sleep together may influence, and be influenced by, their relationship functioning."

Researchers tracked the sleep patterns of 46 couples over a 10-day period. Each participant was asked to assess their relationship.

Results showed that couples were awake or asleep together an average of 75 per cent of the time, and that number increased with the wives' level of satisfaction.

"The sleep of married couples is more in sync on a minute-by-minute basis than the sleep of random individuals," said Gunn. "This suggests that our sleep patterns are regulated not only by when we sleep, but also by with whom

we sleep."

Indeed, in 2010, Wendy M. Troxel, assistant professor of psychiatry at the University of Pittsburgh School of Medicine, completed a study that found the presence of a partner indicated better sleep quality for women.

The following year, Troxel embarked on research that found that negative interactions between couples were more likely to occur as a result of poor sleep on the part of the woman rather than the man.

"Wives who took longer to fall asleep the night before reported poorer marital functioning the next day, and so did their husbands," said Troxel.

AFP



His snoring could be wrecking your marriage. Research found that couples reported less marital satisfaction the day after wives tossed and turned. ISTOCK

3
THE

Change your attitude, change your office

Watercooler wellness.

Use these tips to create peace in your professional life

GABRIELLE
BERNSTEIN
Metro World News

Working with others can be a lot of fun, but it can also be your chief source of stress. The fact is, most of us were never taught the art of healthy collaboration, so navigating working relationships can be tricky.

In any collaboration, you're dealing with different personalities and energy. When your energy doesn't flow with someone

else's, getting even simple things done can be a massive struggle.

Throughout my career as an entrepreneur, I've worked with many different vendors, agents, assistants and clients. Sometimes the relationships seem to flow naturally, but in other instances it's been tedious and trying. It's important to me to have a more efficient

and peaceful work life, so over time I've developed and committed to some key best practices.

If you struggle to get along with your co-workers, clients or other colleagues, follow these three guidelines. They're guaranteed to change the energy, increase your productivity and keep the peace.

It's not about you

Everyone comes to work with his or her own baggage. People show up to the office with neuroses dating back to childhood; fighting their own fear-based stories and limiting beliefs.

No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours. Therefore, it's essential not to take other people's personalities to heart. Their issues truly are not about you.

Focus on what you can give rather than what you can get

When you enter into any kind of work relationship (whether with a boss, a client, a co-worker or someone you're negotiating with), showing up with

They are who they are

"No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours."

Gabrielle Bernstein

a service mentality has a powerful influence on your behaviour and the outcome of a situation.

This simple change in mindset has a huge effect. Most of us are used to walking into a business situation with a "What can I get?" attitude. Instead, ask yourself, "What can I give?" Bringing forth an energy of service helps other people want to serve you back. Focus on how you can create a space where everyone wins.



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When you can accept that everyone is fighting their own tough battles, you can show up to the office with more compassion. ISTOCK

Attitude is everything

By now you know the difference between what happens when you show up to work with a "baditude" and when you show up in good spirits.

- The moment you arrive in the office, you set the tone for the rest of the day. Your positive attitude is everything when it comes to healthy work relationships.
- To start your day off right, commit to approaching things with a positive intention. Before you walk through the door to your office, silently bless everyone you work with.
- Envision them smiling and happy. Send each one a positive thought. Your energy and intentions speak much louder than your words. Bring your good vibes to the office and expect miracles!



**COOK
TIME**
ABOUT 20
MINUTES

This recipe serves six. ROSE REISMAN

Take the turkey burger with the sweet mango salsa



ROSE REISMAN
For more, visit
rosereisman.com or
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@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has only 120 calories, 1 gm of fat and 28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein. The key is to cook

your turkey completely to 165 F. Since there is not a lot of fat in turkey, be careful of over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour. I prefer the Indonesian mangoes, which are smaller and sweeter.

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the burgers are cooking, combine the mango,

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

Thai and mighty mango salad

Thai menus always feature this sweet and savoury salad. For the traditional version, the key is finding an unripe mango, one that's still firm. But a ripe mango makes for a delicious sweeter salad, equally good.

This salad is perfect to serve before a rice-noodle type of dish such as Pad Thai. You can always make this salad early in the day to allow the dressing to enhance the flavours of the salad. You can also serve this alongside grilled fish or chicken. If you like more heat, use the seeds of the jalapeno.

Directions

1. To make the salad: Place the mango, red pepper, onion, mint and cilantro in a serving bowl.

2. To make the dressing: Whisk together the soy sauce, lime juice, sesame oil, fish sauce and brown sugar in a small bowl. Stir in the jalapeños, garlic and ginger.

3. Pour the dressing over the salad and toss. Garnish with cashews.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN



This recipe serves four. ROSE REISMAN

Ingredients

- 1 large green (unripe) mango, thinly sliced
- 3/4 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 1/4 cup chopped fresh mint
- 1/4 cup chopped cilantro
- 1 tbsp lime or lemon juice
- 2 tsp sesame oil
- 1 1/2 tsp fish (or oyster) sauce
- 2 tsp brown sugar
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/2 cup chopped toasted cashews

Dressing

- 1 tbsp low-sodium soy sauce

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'Not too hopeful' for DeMerit

MLS. Whitecaps captain leaves Saturday's match vs. Union with injury



CAM TUCKER

cam.tucker@metronews.ca

The Vancouver Whitecaps head into the World Cup break with uncertainty surrounding the status of their captain Jay DeMerit.

DeMerit was injured in an awkward fall in the first half of Saturday's 3-3 draw with the Philadelphia Union and could barely put pressure on his left foot as he was helped off the pitch.

"I think it's a tendon, his tendon is very sore on the Achilles that he hurt last year, so I'm not too hopeful," said head coach Carl Robinson.

"I obviously wanted it to be a lot better than he said that he thinks it feels like, so at the



Jay DeMerit

GETTY IMAGES

DeMerit also suffered a ruptured left Achilles tendon last year, causing him to miss more than six months of the

moment no, but obviously the moment I know I'll let you know. He's walking past on crutches now so that might tell you something."

2013 season and requiring surgery.

DeMerit, 34, re-signed with the Whitecaps for this season, and there has been speculation he could retire when it's over, although that hasn't been confirmed.

Andy O'Brien, the other 34-year-old centre back, came off the bench in DeMerit's place.

The Whitecaps jumped out to a 2-0 lead in the first half, but conceded three goals in

eight minutes in the second half before Pedro Morales evened the score on a penalty kick marker in the 81st minute to earn the draw.

With the result, the Whitecaps are now on a seven-game point streak, and sit in the fifth and final playoff spot in the Western Conference standings with 21 points.

The Whitecaps don't play again until June 25, when they host the Montreal Impact.

NBA Finals

Heat head home with series tied up

No cramps, no problems for LeBron James.

And with their superstar making it to the finish this time, the Miami Heat bounced back from a loss, just as they always do in the playoffs.

James had 35 points and 10 rebounds in a powerful comeback from the cramps that knocked him out of the opener, as the Heat tied the NBA Finals with a 98-96 victory over the San Antonio Spurs in Game 2 Sunday.

Chris Bosh made the go-ahead 3-pointer on a pass from James with 1:18 remaining for the Heat, who have won 13 straight following a loss in the post-season. Just like last year, they rebounded from a loss to the Spurs in Game 1.

Bosh had 18 points for the Heat, who are headed home for Game 3 Tuesday.

James played more than 37 minutes, making 14 of 22 shots. He was 1 for 4 with three turnovers in a shaky first quarter, then made 11 of his next 13.

THE ASSOCIATED PRESS

The New York Rangers returned home Sunday with a bad taste in their mouths.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to the goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in off a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two



Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

overtime contests, the Rangers trail two games to none going into Game 3 Monday at Madi-

son Square Garden.

Asked if it was goalie interference on the King goal, a

tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL." THE CANADIAN PRESS



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Horoscopes

♈ Aries

March 21 - April 20

Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

♉ Taurus

April 21 - May 21

The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

♊ Gemini

May 22 - June 21

According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

♋ Cancer

June 22 - July 23

You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

♌ Leo

July 24 - Aug. 23

You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

♍ Virgo

Aug. 24 - Sept. 23

Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

♎ Libra

Sept. 24 - Oct. 23

Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

♏ Scorpio

Oct. 24 - Nov. 22

It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

♐ Sagittarius

Nov. 23 - Dec. 21

Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

♑ Capricorn

Dec. 22 - Jan. 20

Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

♒ Aquarius

Jan. 21 - Feb. 19

Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

♓ Pisces

Feb. 20 - March 20

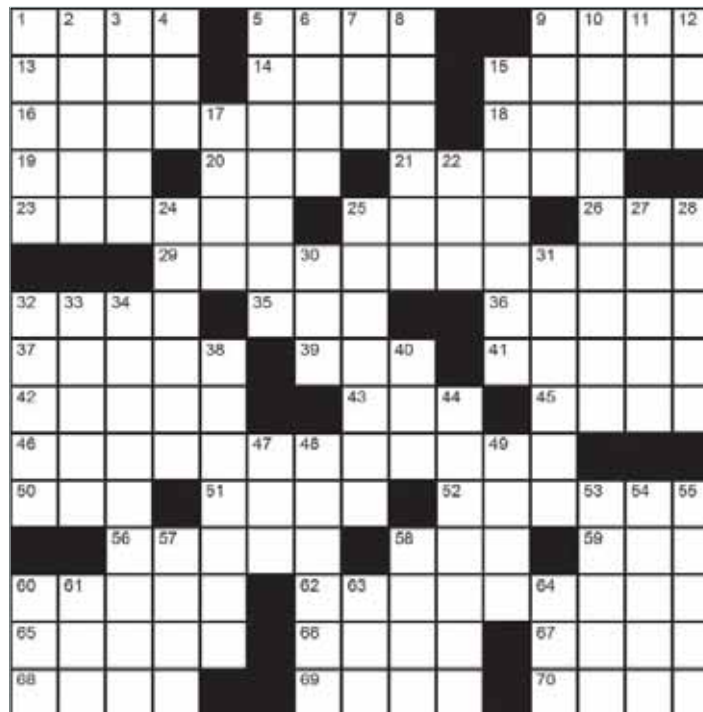
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Brain's frontal ___
- Shape
- Diminutive suffixes
- Churchyard = God's ___
- Hawaii happening
- Ad
- BC: Queen ___ Islands (Haida Gwaii, formerly)
- Heart's "Crazy ___"
- Energy unit
- U.S. tax org.
- Tortilla chips dip
- Deodorant brand
- 50 Cent's "Just ___ Bit"
- 33.3 rpm-ers
- Pre-Noah flood time, as in Donovan's "Atlantis"
- Somewhat, in music
- Ford Explorer, e.g.
- Electrical pioneer Nikola
- Bid ___ farewell to
- "Way cool."
- Participate
- 2 to 1, for example
- Modern
- Time ___ the essence
- ___! ___! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
- Cardinals player's



baseball cap letters

- "Titanic" (1997) star Billy
- Not casual, as clothes
- Actor Mr. Bridges
- Dee's predecessor
- Dynasty of China
- Barcelona's country

Goddess in Tal Bachman's "She's So High"

- Cavalry creature
- Actress Sharon
- Blue dye
- "M*A*S*H" star Alan
- Ms. Gaga
- Grand ___ ON

Down

- Spiked
- Rusty hue
- British singer/activist Billy
- 'Pamphlet' suffix
- Broccoli 'blossoms'
- Baseball stats
- Informer, to an inmate

Oatsy dried fruit mix

- Samovars
- UELAC = United Empire ___ Association of Canada
- Goth/rock fan
- Old French coin
- Contaminate
- Hold on property

- Garlic: French
- Milos ___, Canadian tennis star
- Move ahead
- Prefix to 'anthropology' (Human-like fossils study)
- Eat energetically
- Switzerland's li'l location
- Italy's city of canals
- ___ nationaux du Canada
- Work ___ (Gallery piece)
- French actress Marion
- CBC program hosted by Ann-Marie MacDonald: 2 wds.
- Ant & ___ (Hosts of "Britain's Got Talent")
- Hospital attendant
- Light beam
- Broadway tune bit: "... ___ that jazz."
- Nabisco treat
- Farm animal
- Cannot be changed, ___ stone
- Grant
- Actress Ms. Rinna
- Actor, ___ Michael Murray
- Na Na's musical need
- Parliament Hill fig.
- French-Canadian ___ soup
- Tap on

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

19°/12°
Mainly sunny

Tuesday

18°/11°
Showers
70%

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Hong Kong

from **\$1019**
Travel Sep 3 – Sep 17
Business class from \$2889.

	Economy from	Business from
Cancun Travel Jul 7 – Jul 14	\$495	\$1049
Amsterdam Travel Jun 16 – Jun 22	\$825	\$3889

While in Amsterdam, make sure you try a stroopwafel, a delicious Dutch dessert made of thin waffles and syrup.



Paris

Travel Jun 22 – Jun 28

\$885

\$3379

London

Travel Sep 5 – Sep 13

\$949

\$3715

Tokyo

Travel Sep 9 – Sep 23

\$1119

\$2925

Rome

Travel Sep 17 – Sep 24

\$1269

\$3789

Barcelona

Travel Sep 1 – Sep 9

\$1405

\$3835

Sydney

Travel Sep 3 – Sep 17

\$1535

\$4499

Local Getaways

Victoria

2 Nights 4-Star

from **\$165** pp

INCLUDES accom at waterfront hotel in the Inner Harbour walking distance to downtown. **UPGRADE** to 4.5-star accom from \$319. **ADD** Butchart Gardens admission from \$29.



Harrison Hot Springs

2 Nights

from **\$149** pp

INCLUDES accom at lakefront hotel with access to five mineral hot pools.

Whistler

2 Nights + Canoe Trip

from **\$279** pp

INCLUDES accom in the Village and Twilight Wildlife Canoe Trip.

Europe

Paris & London

Flights + 4 Nights

from **\$1479**

INCLUDES flights to Paris with first 2 nights accom and return flights from London with last 2 nights accom. **ADD** Eurostar ticket from Paris to London in standard class from \$249.

Venice & Rome

Flights + 5 Nights

from **\$1819**

INCLUDES roundtrip flights to Venice with first 3 nights accom. **BONUS** free stopover in Rome with 2 nights accom included. **ADD** Colosseum and Eternal Rome walking tour from \$55.

All-inclusive Packages

Riviera Nayarit

7 Nights 4-Star

from **\$689**

UPGRADE to 4.5-star accom from \$795.

Varadero 7 Nights 4-Star

from **\$849**

UPGRADE to 5-star accom from \$945.

Los Cabos 7 Nights 4-Star

from **\$985**

UPGRADE to 4.5-star accom from \$1155.

Las Vegas

Las Vegas

Flights + 3 Nights

from **\$315**

INCLUDES accom on the Strip. **UPGRADE** to 4-star accom from \$359. **UPGRADE** to 4.5-star accom from \$395. **UPGRADE** to 5-star accom from \$415.



Las Vegas

3 Nights + myTime

from **\$119** pp

INCLUDES accom on the strip. **BONUS** myTime room upgrade upon arrival, free Wi-Fi and 2-for-1 Laugh Factory tickets included.

Las Vegas & Pacific Coastal Flights

+ 2 Nights + 5-Night Cruise

from **\$869**

INCLUDES flights, Las Vegas accom on the Strip and cruise sailing Vancouver to Los Angeles visiting Astoria and San Francisco. **UPGRADE** to 4-star accom and oceanview stateroom from \$989.

USA

Los Angeles

Flights + 3 Nights 4-Star

from **\$585**

INCLUDES downtown accom. **ADD** 3-day car rental with unlimited mileage from \$135.

Anaheim Family Special

Flights + 3 Nights 4-Star

from **\$395**+

INCLUDES accom near theme parks. Price per person based on family of 4. **ADD** Disneyland Resort 3-Day 1-Park Per Day Ticket from \$259/adult, \$249/child (ages 3-9). **BOOK** this package based on double occupancy from \$499.

New York Flights + 3 Nights

from **\$899**

INCLUDES Midtown Manhattan accom.

ADD Slice of Brooklyn Pizza tour from \$95.

230 Fifth on 5th Avenue has a rooftop patio bar that gives you an amazing view of the city skyline and it's free to go up!



Honolulu Flights + 7 Nights

from **\$1009**

INCLUDES Waikiki accom and roundtrip airport transfers. **ADD** surf lessons from \$95.

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Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. *We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee-fly-free. BC REG. #H02790